

mĕn' – tŏr : a wise and trusted counselor or teacher.

A matter of trust. Mentoring is a structured and trusting relationship that brings young people together with caring individuals who offer guidance, support and encouragement aimed at developing the competence and character of the mentee. A mentor is an adult who, along with parents, provides a young person with support, counsel, friendship, reinforcement and constructive example. Mentors are good listeners, people who care, people who want to help young people bring out strengths that are already there. A mentor is not a foster parent, therapist, parole officer, or cool peer.

How many kids need mentors?

In the US, about 2.5 million kids are in formal mentoring relationships. 15.1 million are still waiting for their chance.

Mentoring works. In her book, *Stand by Me: The Risks and Rewards of Mentoring Today's Youth*, Dr. Jean Rhodes of the University of Massachusetts concludes that mentors influence young people in three important ways, by: 1) enhancing social

skills and emotional well-being, 2) improving cognitive skills through dialogue and listening and 3) serving as a role model and advocate. And studies by the Carnegie Corporation note that when asked what teens wanted most in their free time, one of the most frequent responses was “long talks with trusting and trustworthy adults who know a lot about the world and who like young people.”

Adults want to be mentors. In 2002, a national mentoring poll conducted by MENTOR/National Mentoring Partnership showed that 57 million adults would consider becoming a mentor if they had access to an array of support services and had the ability within their schedules to commit.

Quality counts. In 2003, MENTOR issued the 2nd edition of the *Elements of Effective Practice*, essential guidelines for running safe, effective mentoring programs. Reflecting the latest in mentoring research, practice and policy, the *Elements* help programs in your area provide the highest quality mentoring experience for both the adult and child. To learn more about the *Elements* and view them online, visit Mentoring.org/resources.

Who was the first mentor?

In the epic Greek poem, *The Odyssey*, Mentor was Odysseus' trusted counselor, in whose guise Athena became the guardian and teacher of his only son, Telemachus.

Where can I mentor a child?

Mentoring takes place in many different settings in your community. You can mentor a child through your faith organization, or at a local school. You can be a mentor during your lunch hour. Many programs today work with businesses to offer workplace-based volunteer opportunities. You can even mentor a child online.

[INSERT INFORMATION ABOUT YOUR MENTORING PARTNERSHIP HERE.]

Get the facts. For more information, contact [name] at (555) 555-5555 or [email address].